

Elijah Metoxen

FITNESS SPECIALIST SUPERVISOR

Hello, my name is Elijah “Eli” Metoxen and it is a pleasure to be a part of this talented and enjoyable team here at Oneida Family Fitness. Fitness is a very important part of my life and I’m honored to be able to bring my knowledge and experiences here to OFF.

I received my Bachelor of Arts degree in Sports and Recreation Management with an emphasis in Fitness from Ashford University. I also earned my Master of Arts degree from Ashford University in Organizational Management.

In my spare time you can find me playing just about any sport, but my favorite sport is basketball. I also enjoy running with my wife and chasing my children around. I look forward to working with each of you, and encourage you to ask any questions you have regarding any of our classes or programs.

My goal at Oneida Family Fitness is to help our members incorporate physical activity in their lives on a regular basis!

Welcome to the Oneida Family Fitness Center!!!!

Certifications:

- AFAA Personal Trainer Certified**
- AFAA Group Exercise Instructor Certified**
- American Red Cross Community First Aid Certified**
- American Red Cross Community CPR and AED Certified**
- Arthritis Foundation Exercise Program Certified**
- Yogafit Level 1: Foundations**